

I CLAIM:

1. An exerciser comprising:
 - a base including a shaft provided thereon,
 - a housing rotatably engaged onto and supported on said shaft,
 - 5 and including a tube extended therefrom and rotatably engaged on said shaft, said housing including a chamber formed therein and defined by an outer peripheral wall which includes a groove formed therein,
 - a belt engaged onto and wound around said tube of said
 - 10 housing, for rotating said housing relative to said shaft,
 - a barrel received in said chamber of said housing, and secured to said shaft and rotated in concert with said shaft, said barrel including a slot formed therein,
 - a coil spring received in said chamber of said housing, and
 - 15 including a first end engaged into said slot of said barrel, and a second end engaged into said groove of said outer peripheral wall of said housing, to apply a spring biasing force against said housing, and
 - a cover including a space formed therein and defined by an
 - 20 outer peripheral fence, to receive said housing, and to allow said housing to be received in said space of said peripheral fence of said cover, and to allow said chamber of said housing to be suitably enclosed by said cover.
2. The exerciser as claimed in claim 1 further comprising a
- 25 rotary wheel rotatably attached onto said shaft and secured to said housing.
3. The exerciser as claimed in claim 2, wherein said rotary

wheel is a magnetic rotary wheel.

4. The exerciser as claimed in claim 2, wherein said housing includes an opening formed in said tube, said rotary wheel includes a hub extended therefrom and engaged into said opening of said tube of said housing, and secured to said tube.

5. The exerciser as claimed in claim 2 further comprising a rotating member rotatably attached onto said shaft and selectively secured to said housing when said rotary wheel is disengaged from said housing.

6. The exerciser as claimed in claim 1, wherein said housing includes at least one second groove formed in said outer peripheral wall thereof for selectively receiving said second end of said coil spring.

7. The exerciser as claimed in claim 6, wherein each of said groove and said at least one second groove of said housing includes a curved structure.

8. The exerciser as claimed in claim 7, wherein said groove and said at least one second groove of said housing are arranged in opposite direction.

9. The exerciser as claimed in claim 1, wherein said groove of said outer peripheral wall of said housing is formed within said outer peripheral wall of said housing and not formed through said outer peripheral wall of said housing.

10. The exerciser as claimed in claim 1, wherein said housing includes at least one flat surface formed in said outer peripheral wall thereof and having a screw hole formed therein, said cover includes at least one flat surface formed therein and having an

orifice formed therein, said at least one flat surface of said cover is engaged with said at least one flat surface of said outer peripheral wall of said housing, to align said orifice of said cover with said screw hole of said housing.

5 11. The exerciser as claimed in claim 1, wherein said housing includes at least one cavity formed in said outer peripheral wall thereof.

 12. The exerciser as claimed in claim 11, wherein said housing includes at least one partition provided in said outer peripheral wall
10 thereof, to define said at least one cavity thereof.

 13. The exerciser as claimed in claim 1 further comprising a plate secured onto said tube of said housing, to form said tube of said housing as a pulley, and to retain said belt on said tube.

 14. The exerciser as claimed in claim 1, wherein said shaft
15 includes at least one flat surface formed thereon, said barrel includes at least one flat surface formed therein and engaged with said at least one flat surface of said shaft, to secure said barrel on said shaft and to prevent said barrel from being rotated relative to said shaft.

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